

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee (Name and city):** Life Care Center East, St. Paul

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**Goal:** To provide positive alternatives to abortion to pregnant and parenting women in the East St. Paul and surrounding areas

**For the period/quarter:**

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Provide ongoing guidance, assessment and supervision to grant staff Complete grant forms Track grant budget Attend required grant meetings		I have learned more about budgeting the PA grant alongside of our clinic budget to ensure the best use of our resources. We are also making the best use of our dollars with the addition of new staff to serve the clients.	
<b>Outreach</b>	Advertise the clinic and its services to the community by using bus bench or billboard ads.		This quarter we placed an ad in the Tartan H.S. Boys hockey program that is given out at all home hockey games. This will reach the home team and every team that they play.	
<b>Crib Distribution/ Sleep Safety Education</b>	Provide Safe Sleep Education	8	We have been showing this as part of our prenatal client education experience to ensure that all parents and support family and friends understand what safe sleep means to the baby.	9

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<b>Life-Skills Education Program</b>	Provide education on subjects such as: Budgeting Relationship building	12	After working with one of our life coaches, this client made the brave decision to call the cops on her abusive boyfriend and then moved into her mother's house which she had a rocky relationship with until she learned to let go of some of that anger through her life coaching sessions.	35
<b>Nutrition</b>	Provide prenatal vitamins to clients having ultrasounds Staff will provide education on prenatal nutrition and prenatal vitamins	30	This service has provided necessary vitamins to women who do not understand that they need to take these during their pregnancy to keep themselves and their baby healthy. Since our positive pregnancy tests were down this quarter, we did not give out as many prenatal vitamins. I see this being a one time thing.	19
<b>Parenting Education</b>	<b>Provide Prenatal and Parenting Education including topics such as:</b> Infant Care Discipline Happiest Baby Finding Appropriate Childcare <b>Program participants can earn baby items as incentives.</b>	12	One of clients watched "The Elijah Story" which is a video on shaken baby syndrome. After being so disturbed by the video and information, she went home and sat the whole family down and shared what she had learned. She wanted to make sure that something like that would never happen to her child.	58
<b>Pregnancy Education</b>	Nurses will do initial education on Alcohol/ Drug cessation, importance of prenatal vitamins and early entrance into prenatal care. Referrals for prenatal care will be given with specific contact information Clients who need additional	20	Through our education, we found out that a client was using drugs but didn't want to disclose until she trusted us. Working with our doctors we ensured she received the help she needed while keeping her in our prenatal program to make sure she had the support needed to have a healthy delivery.	36

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	support or do not currently have prenatal care will be referred to our own prenatal program Prenatal Education Classes, Childbirth Education Classes, One-on-One Education			
<b>Pregnancy Testing</b>	Provide program eligibility assessment, pregnancy counseling and testing.	40	This quarter was slow for us taking pregnancy tests. With the ones we do have, many are coming in very early, even before they miss their period. This means they are aware of their body which is part of our women's health education.	52
<b>Prenatal Care</b>	Provide prenatal care	7	With the addition of a new doctor on our prenatal team, our clients have raved about our exceptional service. We are able to offer more appointments, spend more time with clients, and give additional education.	52
<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	40	We were able to provide women in our community with the necessary services such as a pregnancy test, limited ultrasound, education, or prenatal care. We have found such a need for access to good prenatal care and the knowledge that all women need to have it. We are grateful to have the PA grant to help fill that need.	53
<b>Provide Necessary Services Assessments</b>	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services		We were unable to serve these women with our services and referrals. Their requests were out of the scope of our services such as car seats and abortions.	20

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<b>Only</b>				

<b>Maternal and Child Health Initiative Task Force Strategies</b>				<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>				0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>				46
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>				46
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>				46
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>				9
<i>Number of women who received sleep safety education only from a PA funded program activity</i>				46
<b>Ultrasound</b>	Provide ultrasounds, abortion alternatives education and counseling.	30		25

**Challenges:** This quarter we were still trying to replace my life coaching hours, so our education visits are down. We have since rectified this issue. We also were down for positive pregnancy tests, so we did not give out as many prenatal vitamins.

**Comments:** We do not have a car seat program in place.